



Town of Wellesley Mental Health Resource Guide

Provided by the Wellesley Health Department and Mental Health Steering Committee

A note to residents...

If you or someone you know is experiencing emotional or behavioral challenges, don't hesitate to ask for help. Some ups and downs in mood are normal. However, *when an emotional or behavioral change becomes extreme, or begins to impact life at home, work or school*, intervention may be necessary. Emotional problems are as common as physical ones, and taking care of both is essential for overall wellness. The listings below provide information and resources for individuals or caregivers.

This guide, as well as a Parent Resource Guide (geared to caregivers of adolescents) is available on-line: www.wellesleyma.gov/health

WARNING SIGNS (courtesy of the Samaritans)

Verbal Statements such as: "I want to kill myself," "Things will never get better," "I'm tired of being a burden," "No one would miss me if I were gone"

Physical Changes including losing or gaining weight quickly, suddenly not caring about appearance or cleanliness, unexplained cuts, scrapes or bruises

Acting Differently such as changes in mood – more withdrawn, anxious or sad, or a sudden mood lift after a down period

Situations including having lost a loved one, relationship or job; money problems

EMERGENCY OR CRISIS SERVICES FOR IMMEDIATE HELP

An individual behaving in an extreme or overwhelming way, posing a threat to self or others needs immediate help.

Wellesley Emergency Response—DO NOT HESITATE to call 9-1-1

URGENT CARE

Newton-Wellesley Hospital
Riverside Emergency Services

Go to Pediatric or General Emergency Department
800-529-5077 or 781-769-8674

CRISIS LINES - 24 hours/day - trained listeners provide support

Samariteen Helpline (depression/suicide)	800-252-TEEN (8336)
Samaritans Helpline	877-870-HOPE (4673)
National Lifeline	800-273-TALK (8255)

NON-URGENT CARE - WHERE TO BEGIN THE PROCESS OF FINDING HELP

Primary health care provider

Health insurance plan - *consult individual plan for options and coverage*

Employee assistance program

School counselor, school psychologist and school nurse - *public and private schools*

TOWN AGENCIES

<u>Wellesley Health Department</u>	www.wellesleyma.gov/health	781-235-0135
<i>Develops and coordinates programs and services that support individual and community health efforts.</i>		
<u>Wellesley Youth Commission</u>	www.wellesleyma.gov/youth	781-446-6274
<i>Provides programs and services to meet the needs of middle and high school students.</i>		
<u>Wellesley Council on Aging</u>	www.wellesleyma.gov/coa	781-235-3961
<i>Provides social, educational, and cultural programs, as well as resources that address seniors' changing needs.</i>		
<u>Wellesley High School Outreach Worker</u>		781-446-6305 ext. 5141
<u>Wellesley Middle School Outreach Worker</u>		781-446-6235
<i>Professionals in adolescent mental health who provide drop-in counseling, assessment and referrals</i>		

LOCAL COMMUNITY MENTAL HEALTH AGENCIES

<u>The Human Relations Service, Inc. (HRS)</u>	www.hrshelps.org	781-235-4950
<i>HRS is the private, non-profit community mental health agency serving families in Wellesley. It offers a broad range of outpatient treatment. Sliding scale fees are available thanks in part to a grant from the Wellesley Board of Health.</i>		
<u>Crossroads Counseling, Inc.</u>		781-431-2277 ext. 51
<i>Crossroads Counseling offers services to seniors and their families (in their homes) to help them deal with issues around aging, such as depression, anxiety, and coping with loss and change.</i>		
<u>Riverside Community Care (RCC)</u>	www.riversidecc.org	617-969-4925 or 888-851-2451
<i>RCC is a private, not-for-profit agency that provides a range of services including outpatient counseling, and day treatment programs.</i>		
<i>Additional resources include private practice professionals (psychologists, psychotherapists, counselors and social workers), and outpatient psychiatry departments at local hospitals (i.e. Newton-Wellesley and Leonard Morse), as well as Boston area hospitals (i.e. Mass. General, McLean and Children's).</i>		

HELP LINES

Parent Professional Advocacy League	866-815-8122
REACH (domestic violence)	800-899-4000
Substance Abuse Hotline (24 hrs.)	800-327-5050
Alanon/Alateen	508-366-0556
Gay, Lesbian, Bisexual & Transgender National Hotline	888-843-4564
MA Eating Disorder Association	866-343-6332
Boston Area Rape Crisis Center	617-492-RAPE

USEFUL WEBSITES

Needham Suicide Prevention Coalition	www.needhamacts.org
Children's Hospital	www.childrenshospital.org/mentalhealthguide
The National Alliance on Mental Illness	www.nami.org
National Institute of Mental Health	www.nimh.nih.gov
National Mental Health Association	www.nmha.org
Adolescent Wellness, Inc.	www.adolescentwellness.org
Parents Helping Parents	www.parentshelpingparents.org

The Mental Health Steering Committee consists of representatives from the Wellesley Public Schools, School Committee, PTO, Board of Selectmen, Youth Commission, Health Department, Police Department and Human Relations Service, Inc. For more information contact the Wellesley Health Department, tel. 781-235-0135 or visit their website www.wellesleyma.gov/health V1 July 2008